

Transition Information for Parents, Physicians, and Providers of Youth and Young Adults with Special Health Care Needs

"Transition is a process, not an event."
--from the National Center for Youth with
Disabilities

As a parent or medical provider for
a youth or young adult with special
health care needs, you may be
caught up in day-to-day details.

This brochure is a reminder that
your teen is growing up and it is time
to start thinking about key decisions
you will need to help them make in
the next several years.

We hope the information and
related resources provided help you
and your young adult plan for the
future.



Our future exists in the hopes of our
children . . .

Encouraging Independence

- Evaluate your teen's knowledge of his/her health care needs. Fill in any gaps in understanding.
- Continue to teach self-help skills for independence and additional skills related to specific health care needs.
- Teach your teen to talk with medical providers about age-appropriate information such as physical and emotional development and sexuality.
- Help your young adult write an up-to-date record of their medical history with his/her medical provider. Include conditions, operations, medications and treatments (with dates, doctors and recommendations).
- Teach your teen to make medical appointments and be responsible for refilling prescriptions and ordering supplies.
- For transfer of medical care, research adult health care providers.
- Begin exploring health care financing and coverage options for your young adult.
- If your young adult has not received SSI due to parental income or assets, contact SSI prior to your young adult turning 18 to see if he/she will become eligible.
- If appropriate, apply for guardianship so that it is in place before your young adult turns 18.
- If your teen has a 504 Plan or Individualized Education Plan (IEP) at school, attend meetings with your teen. Encourage your teen to actively participate. Keep a copy of the plan that is developed to assure that it is followed.
- Help your teen explore volunteer and work activities. Encourage him/her to think about possible career interests and investigate resources or support needed for meaningful employment or education.
- Support your teen in identifying and attending support groups and participating in recreation, social and leisure activities.

- At age 18, males must register for the Selective Service.

Resources and Contacts

Children with Special Health Care Needs (CSHCN) Bureau

<http://health.utah.gov/cshcn/Transitions/Index.html>

801-584-8284 Toll Free 800-829-8200

Lynn Pease 801-584-8518

Walt Torres (en Español) 801-584-8516

Utah Medical Home Portal (Web)

Sample health care plans, timelines, checklists and resources for children with special health care needs

<http://www.medicalhomeportal.org>

Supplemental Security Income for Children (SSI)

www.ssa.gov

801-524-4115 T.T.Y. 800-325-0778

Toll Free 800-772-1213

Medicaid/CHIP

<http://health.utah.gov/medicaid/>

801-538-6155 Toll Free 800-662-9651

Division of Services for People with Disabilities (DSPD)

<http://www.dspd.utah.gov/>

Intake number 877-568-0084

T.T.Y. 801-538-4192

Utah Parent Center

www.utahparentcenter.org

801-272-1051 Toll Free 800-468-1160

Español 801-272-1067

Guardianship

Explore levels and cost of guardianship that are available for your family
Guardianship Associates of Utah

<http://guardianshiputah.org/>

801-533-0203

Office of Public Guardian

<http://opg.utah.gov/>

801-538-8255

Utah Center for Assistive Technology

Facilitates the application of assistive technologies for persons with disabilities

<http://ucat.usor.utah.gov/>

801-887-9500 Toll Free 888-866-5550

State Office of Rehabilitation

Assists individuals with disabilities to prepare for and obtain employment

www.usor.utah.gov

Voice/T.T.Y. 801-538-7530

Toll Free 800-473-7530

Utah Independent Living Centers

Provides services and activities that enhance independent living skills

<http://www.uilc.org/links.php>

Voice/T.D.D. 801-466-5565

Toll Free 800-355-2195

Disability Law Center

An agency to advance the equality, opportunities and respect of people with disabilities in Utah

<http://www.disabilitylawcenter.org/>

800-662-9080 T.T.Y. 800-550-4182

Access Utah Network

Equipment for sale and disability resource links

<http://accessut.org>

801-533-4636 Toll Free 800-333-8824

Public Transportation (Accessibility)

<http://www.rideuta.com/mc/?page=RidingUTA>

801-743-3882 T.D.D. 801-287-4657

Toll Free 888-743-3882

Driver's License

A guide for obtaining a license when your teen has a disability

<http://www.medicalhomeportal.org/link/2471>

Information and Referral

Information about resources and community services

<http://www.informationandreferral.org/>

211 or 801-978-3333

Toll Free 800-472-4716

Selective Service Registration

Registration for the Military Draft

<http://www.sss.gov/FSwho.htm>

847-688-6888 TTY: 847-688-2567

Becoming Leaders for Tomorrow

Transition training, videos, links, and other resources

<http://blt.cpd.usu.edu/>

